

Linking Health & Learning e-Bulletin

March, 2014

News and General Announcements

We're Moving!

The Vermont Agency of Education is moving to a new office in Barre on March 15th. Please note that our phone numbers will change, but e-mail addresses will remain current.

Update from Health Education Resource Center (HERC)

Due to the Agency of Education move to Barre on March 15th, HERC will be closed for a few days prior to and after the move. If you anticipate needing resources during this time frame, please request them this week. Contact Donna McAllister at 802-828-1636 or donna.mcallister@state.vt.us.

Parental Perception and Substance Use - Youth Risk Behavior Survey Data Brief

A growing body of research suggests that parent-adolescent connectedness reduces the likelihood of adolescent participation in risk behaviors. The Vermont YRBS 2011 data brief on parental perception and substance use support past research indicating that frequent parental engagement in students' lives and strong relationships are associated with the degree of substance use and delay the onset of experimentation with these substances. To view the data brief click [here](#). Contact Shayla Livingston at 802-863-6337 or shayla.livingston@state.vt.us.

Talk to Teens about Sexting

Do you need information about how to talk to teens about sexting? Click [here](#) to download *Talk to Your Teens About Sexting*, a brochure originally created by Umbrella, a Network Against Domestic and Sexual Violence program but has been adapted for use in Vermont. Address questions to Bethany Pombar at Bethany@vtnetwork.org.

Teenage Dating Abuse - A Training Toolkit

This set of training resources addresses teenage dating abuse. It is designed for trainers to assist specialized instructional support personnel (e.g. school psychologists, social workers, school nurses, guidance counselors) to identify, assess, intervene in, and prevent teenage dating abuse. Click [here](#) to access materials.

New Smart Snacks Calculator from Alliance for a Healthier Generation

The U.S. Department of Agriculture (USDA) has updated nutrition standards for snacks and drinks served throughout the school building, in vending machines, school stores, snack carts and a la carte lines. And as of July 2014, these new guidelines will be

in effect. This Smart Snacks Calculator (click [here](#)) from the Alliance for a Healthier Generation takes the guesswork out of determining if a snack, side, or entrée item meets the new USDA guidelines. It is simple to use: enter the product information and answer a few questions to generate an immediate response about product approval.

National School Breakfast Week is March 4-8

School breakfast participation matters. In most schools in Vermont, participation in school breakfast lags far behind participation in school lunch. Increasing participation in breakfast is critical for student learning, student health, the financial health of school meal programs, and increasing sources of revenue for purchasing local food for school meals. "Breakfast After the Bell" models are guaranteed to increase school breakfast participation. Click [here](#) to find out more, or contact Anore Horton at Hunger Free Vermont, 802-865-0255 or ahorton@HungerFreeVT.org.

Vermont Safe Routes to School and Saris Bike Poster Contest

Deadline: March 7, 2014

The Vermont Safe Routes to School Resource Center is partnering with Saris Cycling Group, a manufacturer of bicycle racks and cycling training products, to launch a poster contest to get fifth graders to think about the benefits of the bicycle. With spring around the corner, it is a great opportunity to get students thinking about the bicycle as a way of getting places. Win a bike, a T-shirt, or even a trip to D.C.! Find out more [here](#).

Promote Safe Teen Driving Video Contest and Sweepstakes

Deadline: March 13, 2014

Toyota Teen Driver, a program created by Discovery Education and Toyota, is excited to announce that the Teen Video Challenge and School Sweeps are open for entries. Encourage high school students to create a 90-second video that promotes safe driving for their chance to win \$15,000 and the opportunity to re-shoot their entry video into a TV-ready PSA. To learn more, click [here](#). Enter the sweepstakes [here](#) once a day on behalf of your school for a chance to win \$5,000 to put towards safe driving awareness, as well as a Virtual Driving Simulator. Enter every day through April 15, 2014.

Professional Development Opportunities

Click [here](#) for a calendar of Vermont Agency of Education-sponsored events.

Course: Promoting Personal Health and Safety

March 2 – May 24, 2014

Online

This online course is offered as one of the series of courses by the Vermont Higher Education Collaborative toward health education endorsement. This course is worth two graduate credits through Union Institute and University. For more information and to register, click [here](#).

Training in Youth Suicide Prevention and Response

March 11, 2014

Brattleboro, VT

How common is suicide among youth? What are the risk factors and warning signs? What are the special considerations for a concerned community member who may encounter a troubled youth? These are some of the questions that will be addressed at this workshop designed for community members who may be called upon to intervene. Learn the facts about suicide, know what to look for in troubled youth, understand what do to help and leave with the ability to talk to others about suicide prevention. There is no charge to attend this workshop. To learn more or register, call 802-258-3785.

Umatter for Schools

March 11 & 12, 2014

Quechee, VT

March 18 & 19, 2014

Montpelier, VT

This two-day training is designed so that you can prepare your school community to respond to the mental health needs of students and prevent suicide. Once adults know suicidal warning signs and how to help, they will be ready to teach suicide prevention lessons using the Lifelines curriculum, an evidence based program of four lessons appropriate for Middle and High School students. For more information and to register, click [here](#).

Integrated Service Learning: A Food System Approach

March 11 – May 20, 2014

Montpelier, VT

Service Learning has the potential to increase student engagement, and therefore achievement, by bringing relevance and rigor to your lessons. Why stop there? The complex nature of most authentic learning experiences provides many opportunities to further enhance student learning through cross-curricular integration. This course will provide teachers and prospective teachers the support and training necessary to create engaging, experiential units in their respective discipline, using the food system as a vehicle for curricular integration. To learn more and register, click [here](#). Contact Tom Sabo at toms@mpsvt.org.

USDA Farm to School Webinars

March 13 & 27, 2014

Online

Two webinars each month will be offered to showcase a variety of ways school districts can purchase local foods. Sessions are scheduled for the second and fourth Thursdays of the month at 2:00pm. To review topics, schedule and register, click [here](#).

Vermont Safe Routes to School Annual Meeting

March 18, 2014

Randolph, VT

Hosted by the Vermont Safe Routes to School Resource Center, this 2nd annual meeting is a great opportunity to celebrate inspiring walking and biking programs,

share strategies with peers, gain insights from local and state experts, and meet colleagues from around Vermont. Partners, champions, educators, friends, parents, public health professionals, local government representatives, law enforcement and anyone interested in learning more about Safe Routes to Schools are encouraged to attend this free event. For more information and to register, click [here](#). Contact Abby Mattera at 802-598-8651 or abby@saferoutesvt.org.

ASIST: Applied Suicide Intervention Skills Training

March 19 – 20, 2014

Brattleboro, VT

May 15 – 16, 2014

Montpelier, VT

The ASIST workshop is for professionals who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid. To register contact Carmel Quinn, Carmel@unitedwayvt.org or 802-861-0146 x 207.

Comprehensive School Physical Activity Programs (CSPAP)

March 20, 2014

Webinar

Regular physical activity in children and adolescents promotes physical and mental health. National physical activity guidelines recommend that youth ages 6 to 17 accumulate at least 60 minutes of physical activity daily. The Institute of Medicine recommends that schools can provide at least half of that time during the school day. A CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the national recommendations for physical activity, and develop the knowledge, skills, and confidence to be physically active for a lifetime. Presenters will discuss how schools can develop, implement, and evaluate CSPAP, and share successes. To learn more and register, click [here](#).

Certified Playground Safety Inspector (CPSI) Training & Certification

April 8-10, 2014

South Burlington, VT

The Vermont Recreation and Parks Association is proud to host the CPSI training and certification exam. The fifteen-hour course is the most comprehensive training program on playground hazard identification and risk management methods offered anywhere. Enrollment is limited to the first 80 registrations. Contact: Betsy Terry, VT Recreation & Parks Association, 802-878-2077 or betsy@vrpa.org.

Save the Date! Tri-State Child Nutrition Conference

April 10, 2014

Killington, VT

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs

experts. The day-long conference will include three sessions of workshops as well as a keynote presentation by Scott Noyes entitled *"Feeding the Developing Brain"*. Workshop sessions will address School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. To register, click [here](#). For information contact Cheryl Barrows at 802-828-2447 or cheryl.barrows@state.vt.us.

Vermont First Tee National School Program Initiative Training & Certification Class

April 17, 2014, 10am-2pm

Norwich, VT

Plan to participate in this 4-hour certification training session for the Vermont First Tee National School Program. Learn how to use the [First Tee National School Program](#) to teach your K-5 students values like integrity, respect and perseverance through the game of golf. In addition to learning fundamentals of the golf swing and the game, the character education and life skills programs helps young people prepare for success in high school, college and life. This free interactive class is open to all physical education teachers who currently have The First Tee National School Program at their school. Reservations are required. For additional information contact: Richard Mihlrad at 802-645-1907 or rmihlrad@myfairpoint.net.

Supporting Queer Youth: One-Day Training for Youth-Serving Professionals

May 1, 2014

Randolph, VT

May 8, 2014

Brattleboro, VT

If you work with youth and young adults, you work with queer youth. Working with queer youth adds dimensions to any youth-serving position that individuals may not feel well-equipped to navigate, or may not even realize are present. Even the use of the word "queer" can be surprising and/or off-putting to adult professionals, while in youth culture this has become common parlance. This one day training will walk participants through three intertwined workshops that build on each other: Queer 101, How to be an Ally to Queer Youth, and the Trevor Project C.A.R.E. training. Click [here](#) for more information and to register.

Course: Health Education Methods Course

June 23-27, 2014

Castleton, VT

Click [here](#) for course details and registration.

Course: Spark Your School- The Mind-Body Classroom Connection

June 23-26, 2014

Colchester, VT

Join Darienne Oaks and guest instructors in this 3-credit graduate course to discover the power of implicit learning and how the brain learns naturally in a low threat, high feedback, energized environment. You'll become versed in how the brain works, based on the neuroscience behind "Spark: The Revolutionary New Science of Exercise and the Brain" by Dr. John Ratey and the contemplative practice work of Linda Lantieri. To learn more and register, click [here](#). Contact Darienne Oaks darienne.oaks@gmail.com.

Grant and Funding Opportunities

Champions for Healthy Kids Grant

Deadline: March 14, 2014

The General Mills Foundation, in collaboration with the American Dietetic Association Foundation and the President's Council on Physical Fitness and Sports, is accepting applications for its Champions for Healthy Kids grant program. The purpose of the program is to support sustainable, effective programs working to improve nutrition and physical fitness behaviors for youth. To learn more and apply, click [here](#).

Enhancing School Health Services

Deadline: March 14, 2014

Through the Training, Education, Assistance, Mentorship, and Support (TEAMS) project, the American Academy of Pediatrics (AAP) provides training, resources, and technical assistance to school districts that are interested in strengthening policies, practices, and infrastructure related to school health services. To learn more and apply, click [here](#).

Vermont School Wellness Awards

Deadline: March 28, 2014

All schools are encouraged to apply for the 2014 Vermont School Wellness Awards. These awards offer 24 \$1,000 grants, (2 per Vermont Department of Health District) to help schools meet the upcoming July 2014 food standards for "competitive foods" sold in schools. The new shortened application will be submitted through an online survey. In the application, schools will be encouraged to identify how the award would be used to support their transition in meeting the new standards. Further information will be made available March 5th through VDH district office liaisons.

2015 Food Service Equipment Grants

Deadline: April 4, 2014

Funds are available to Vermont schools for implementation of the school lunch or breakfast programs. Grants are available as matching funds to support the purchase of food service equipment that will improve the infrastructure of food production and to support the purchase of Computer Point of Sale meal counting and claiming systems to ensure program accountability and integrity. This grant does not apply to equipment that has already been purchased. To access the application, click [here](#). Contact Cheryl Barrows, Child Nutrition Programs, cheryl.barrows@state.vt.us or 802-828-2447.

School-Based Tobacco Use Prevention Grant Application

Deadline: May 2, 2014

This grant opportunity provides school districts and supervisory unions funding for

Tobacco Use Prevention Education. All LEAs are eligible to apply and funding is available on a formula basis. Awards are dependent upon the timely submission of a grant application that includes a detailed program work plan appropriate for the needs identified by the LEA. Application must be submitted and e-signed in the Grantium system by 4:30 pm, May 2, 2014. Click [here](#) to access the grant application. Contact: Kate O'Neill 802-828-5151 or kathryn.oneill@state.vt.us.

2014-2015 School Grants for Healthy Kids

Deadline: May 2, 2014

Action for Healthy Kids is pleased to release its School Grants for Healthy Kids opportunities for the 2014-2015 school year. Around 1,000 schools will be awarded funds ranging from \$500 to \$5,000 to support school breakfast and physical activity programs. Funded schools will also receive expertise and people power to help implement a successful project that leads to sustainable change. Award amounts will be based on building enrolment, project type, potential impact, and a school's ability to mobilize parents and students around school wellness initiatives. An information webinar is scheduled for March 20th. To learn more and apply, click [here](#).

ING Run for Something Better Grants

Deadline: May 15, 2014

ING U.S. is giving schools nationwide a unique opportunity to help K-8 students discover a passion for running and living a healthy lifestyle through its Run for Something Better School Awards. In partnership with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), ING U.S. will provide a minimum of 60 grants of \$3,500 each in 2014. In addition to the grants, schools can download unique running lesson plans developed by AAHPERD and based on the National Standards for Physical Education to serve as the foundation of the running program or to supplement an existing school program. To learn about the program, including full eligibility requirements and to apply click [here](#).

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